EASTERN EUROPEAN · DINNER

Stuffed Cabbage Rolls with Pork and Cauliflower Rice

125 min · Serves 8 · 386 kcal a serve · Video 5:46 · Blondelish

Gluten-free ingredients · Nut-free

Pork, cauliflower rice and cheddar rolled in cabbage and baked in a creamy tomato sauce: about 24 g protein and 9 g net carbs a serve, 63% of the energy from fat, and rich in vitamins K and C and selenium.

Diet notes: Keto (8.9 g net carbs a serve).

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Ingredients 17 · SERVES 8

- [ ] 1 medium **cabbage**, about 1.1 kg, outer leaves and core removed
- [ ] 60 ml **wine vinegar**, for the cabbage water (mostly drained off)
- [ ] 1 tbsp **sea salt**, for the cabbage water (mostly drained off)
- [ ] 1½ tbsp **olive oil**, divided
- [ ] 1 small **onion**, finely chopped
- [ ] 1 medium **carrot**, shredded
- [ ] 337 g **crushed tomatoes**
- [ ] 120 ml **heavy cream**
- [ ] 2 tsp **dried oregano**
- [ ] ½ tsp **sea salt** (for the sauce)
- [ ] ½ small **cauliflower** head, riced (about 210 g)
- [ ] 680 g **ground pork** (or a mix with turkey or beef)
- [ ] 113 g shredded **cheddar cheese**
- [ ] 1 large **egg**
- [ ] 1½ tsp **sea salt** (for the stuffing)
- [ ] ½ tsp **ground black pepper**
- [ ] about 240 ml of the **reserved cabbage water**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Two-thirds fill a large pot with water, add the vinegar and 1 tbsp salt and boil. Remove the outer leaves and core and simmer the cabbage 5 minutes a side, loosening the leaves. Keep 470 ml of the water, drain, cool and peel off the leaves. 0:45
2. Sauce: soften the onion and carrot in half the oil for 3–4 minutes, then stir in the crushed tomatoes, cream, oregano and salt and simmer until bubbly. 1:48
3. Pulse the cauliflower florets in a food processor (or grate them) into rice-sized pieces. 2:27
4. Mix the pork, cauliflower rice, egg, cheddar, salt, pepper and 120 ml of the sauce. Shave the thick stem of each leaf flat, put about 2 tbsp filling at the stem end, fold in the sides and roll up. 3:10
5. Pack the rolls seam-side down in a Dutch oven, pour over the remaining sauce and about 240 ml of the cabbage water. Cover and bake at 180 °C for 1¼–1½ hours, adding more water halfway if it looks dry. 4:03

> **Tip** Instead of boiling, you can freeze the cored cabbage overnight and thaw it — the leaves then peel off easily. The cook also simmers them on the stove for about an hour, or slow-cooks them 8 hours on low.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
386 kcal	**24** g	**14** g	**4.7** g	**27** g	**870** mg
1,610 kJ	48% of a day	8.9 g net · 7.2 g sugars 5% of a day	17% of a day	12 g saturated 34% of a day	38% of a day

Energy from net carbs 10% · protein 26% · fat 64% — fits keto: 8.9 g net carbs, 64% of the energy from fat

High in (20%+ of a day) Vitamin K 83% · Vitamin C 68% · Selenium 50% · Vitamin B6 31% · Zinc 28% · Vitamin B12 23% · Vitamin A 21% · Folate 21%

Source of (10–19%) Calcium 16% · Potassium 15% · Iron 13% · Magnesium 11% · Vitamin E 10% · Omega-3 10%

Recipe and video: Blondelish (@Blondelish) on YouTube — youtube.com/watch?v=si0UBS90uAc, published 15 April 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-stuffed-cabbage-rolls-pork